



Island Health Education Programs



Amber Phillips MS, RD



Monica Jacobus, MD



Amanda Lungren RDN, CDCES

March 2023

Hospice 101

Learn the basics of hospice care including the types of support it provides to patients and families, and how to get started.

When: Monday, March 6, 10:30 a.m.
Cost: Free
Where: Fidalgo Room
Instructor: Hospice of the Northwest

Childbirth Education Series

Learn essential skills and develop confidence as you approach the end of pregnancy, labor, delivery and early parenting.

When: Tuesdays, March 7–April 4, 6 p.m.
Cost: \$115/couple (Covered by Apple Health)
Where: Fidalgo Room
Instructor: Teri Shilling, MS, LCCE, CD(DONA), IBCLC

Breastfeeding Matters

Get helpful tips on breastfeeding in the early weeks of postpartum, in special situations and while working.

When: Thursday, March 9, 6:30 p.m.
Cost: \$10
Where: Online
Instructor: Teri Shilling, MS, LCCE, CD(DONA), IBCLC

End-of-Life Paperwork

Join an end-of-life expert from Hospice of the Northwest to learn more about POLST (Physicians Orders for Life-Sustaining Treatment), Advanced Directives and Health Care Durable Power of Attorney (HCDPOA).

When: Monday, March 13, 10:30 a.m.
Cost: Free
Where: Fidalgo Room
Instructor: Hospice of the Northwest

Practical Mediterranean Diet

The Mediterranean diet has been shown to support healthier blood pressure, cholesterol, and body weight. Get practical tips for making it work for you!

When: Wednesday, March 15, 2:30 p.m.
Cost: \$10
Where: Fidalgo Room
Instructor: Amber Phillips, MS, RD



Your Body, Your Baby & Healthy Blood Sugars

This class focuses on preventing gestational diabetes through lifestyle changes during your pregnancy and beyond.

When: Wednesday, March 15, 4 p.m.
Cost: \$10
Where: Fidalgo Room
Instructor: Amanda Lungren, RDN, CDCES



Healing the Hurt: Nutrition Education for Wounds

Discover how powerful natural vitamins and minerals can be for wound healing and how to incorporate them into your daily diet by joining this fun and informative class.

When: Monday, March 27, 2:30 p.m.
Cost: \$10
Where: Fidalgo Room
Instructor: Amber Phillips, MS, RD



Getting to Know Your Gallbladder

Learn about gallbladder conditions, treatments and health from General Surgeon Dr. Monica Jacobus.

When: Wednesday, March 29, 1 p.m.
Cost: \$10
Where: Fidalgo Room
Instructor: Monica Jacobus, MD



Supporting Your Diagnosis: Cancer Nutrition with a Dietitian

This class is for anyone who wants to support a cancer diagnosis through nutrition with easy and practical recipes provided.

When: Thursday, March 30, 11 a.m.
Cost: \$10
Where: Fidalgo Room
Instructor: Amber Phillips, MS, RD



Scan Me!



Register: 360.299.4204 | communityed@islandhospital.org | islandhealth.org/classes